

ABSTRACT OF THE DISCLOSURE

The ink set for ink jet recording of the present invention, which exhibits a high recorded image quality, an excellent image preservability (heat stability, light fastness, oxidation resistance) and little change of color balance with time, and an ink jet recording method using same, and which comprises a plurality of inks containing a dye, a water-miscible organic solvent and water, wherein the ink set comprises at least yellow, magenta, cyan, black and dark yellow inks, and the dark yellow ink contains at least one of a magenta-azo dye having a specific structure having a 6-membered heterocyclic group connected to diazo group and a cyan dye having a specific structure.